



Annual Review

Based on the Examen of St. Ignatius of Loyola

1. Become aware of God's presence

Take a few moments to still your thoughts and ground yourself in the presence of God.

2. Review the year with gratitude

Walk through your year in the presence of God. Think through the following questions, writing down your answers in a journal. Answer as fully and honestly as you can, including all areas of your life. Don't worry about repeating yourself. If you can't think of an answer, pause and pray again for wisdom and insight. Don't rush. You may even find it helpful to work through the exercise slowly over several days.

Section 1: General Impressions

- What is your general impression of the past year?
- What feelings and emotions do you associate with the past year?
- What's working in your life? What's not working as well as you'd like?
- How satisfied do you feel with the year that was?

Section 2: Delights and Accomplishments

- What were the year's joys and delights? (Don't forget the small things, like meals, conversations, sights and sounds.)
- What have you accomplished this year? What goals have you met?
- What obstacles have you overcome?
- What lessons have you learned?

Section 3: Struggles

- Where did you struggle this year?
- What goals did you fail to meet?
- What held you back?
- What lessons have you learned from your struggles and disappointments?

Section 4: Growth and Development

- What growth opportunities did you have this year?
- What did you learn this year?
- How have you changed?

Section 5: Relationships

- What interactions did you have with others?
- What did you receive from these people? What did you give them?

Section 6: Final Impressions

- After this review, how do you feel about your year?
- What has surprised you in your examination of the year?
- Is anything missing from your life?
- Has your impression of the year changed since the start of this exercise?

3. Look for themes and highlights

Read over your reflections. Ask the Holy Spirit to direct you to important themes and highlights. Which items stick out to you most? It doesn't matter how many you find, but 3-5 is usually a workable number. Pray through these themes. How might God be at work through them?

4. Look toward next year

As you think over the past year and the themes you have discovered, look ahead to the coming year:

- What feelings surface as you think about the coming year?
- What grounds your life right now?
- Where do you find joy?
- What might be passing away from your life?
- What do you want to release and let go of in the coming year?
- What might be dawning in your life?
- What do you want to grow and expand on in the coming year?
- What are some ways you might do this?

5. Pray

Allow the feelings that surfaced in the previous section to guide your prayer. Seek God's guidance, protection and help. Ask for God's wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, and it is adorned with gifts from God. End with the Lord's Prayer.